



TRAINING CALENDAR

5K / HALF MARATHON

Beginner ½ Marathon (12 Week)

Beginner	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	CT- 30	5 KE	CT – 30	5 KE	CT- 30	Rest	8 KE
Week 2	CT – 30	5 KE	CT – 30	6 KE	CT – 30	Rest	10 KE
Week 3	CT – 30	6 KE	CT- 30	6 KE	CT - 30	Rest	10 KE
Week 4	CT – 30	6 KE	CT - 30	7 KE	CT – 30	Rest	11 KE
Week 5	CT – 30	4 x Hill	3 KE	8 KE	CT – 30	Rest	12 KE
Week 6	CT – 30	6 x Hill	3 KE	8 KE	CT – 30	Rest	13 KE
Week 7	CT – 30	8 x Hill	3 KE	9 KE	CT – 30	Rest	14 KE
Week 8	CT – 30	3 x 1 mile	3 KE	8.5 km	CT – 30	Rest	16 KE
Week 9	CT – 30	4 x 1 mile	3 KE	CT – 30	1 x 800, 1 x 1 km, 1 x 800	Rest	17 KE

BE PROUD. STAND TOGETHER. RUN WITH CANADA'S ARMY.



TRAINING CALENDAR – BEGINNER ½ MARATHON (12 Week)

Week 10	CT – 30	6 K tempo	3 KE	CT – 30	1 x 800, 2 x 1 km, 1 x 80	Rest	18 KE
Week 11	CT – 30	3 x 1 k	3 KE	CT – 30	4-6 x 400	Rest	10 KE
Week 12	CT –	8 x 200m	3 KE	3 KE with 6 S	Rest	jog 3 km with a few strides say 6 x 50m	Race

CT – cross train ie: walk, swim, row, bike etc
 KE – kilometres easy, exactly that, very easy relaxed runs
 Hill repeats – min 400 m hill

Important Notes:

Hill Repeats – recommend these be split between short hill – “SH” and long hill repeats – SH = 20-25 secs of climbing and LH = 50 secs. The hills should be steep for SH and more gradual for LH. On the SH sprint and on the LH workout run it (the hill) like you really mean it but not as a sprint.

200's repeats – these suddenly show up in the final week 8 x 200 – someone may become injury prone for these as they have not done any up to this point. Recommend they be placed in early on with an explanation on how, why pace etc... Sunday following the LR is a good opportunity for this.

Phases (3)

Purpose of each phase should be clearly defined...

Phase 1

prep work – should already be able to run 40-50 km (?) have raced in the past – experience at 10 km and perhaps 15 km races

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Phase 2

Strength – main focus as the emphasis on developing strength by running hill repeats – 4 weeks

1st week – 2 hills, one SH, one LH

2nd week – 3 hills

3rd week – 2 hills

4th week – 3 hills

Phase 3

Two fold purpose – speed – speed endurance and race prep – taper

1st week – 2 speed one short – one long session

2nd week – 3 speed

3rd week – 2 speed

4th week - TAPER

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